



# Free Healthy Columbus 1 mile and 5K Fun Run/ Walk!

**Saturday, October  
18th 2014 at Wolfe  
Park**

Start your weekend on the right foot! Lace up your walking running shoes and join the fun on October 18th! This non-competitive event and features a 1 mile and 5K course.

**Time:** 9:00 am

**Register:** Free for employees and one additional person, Family/Friend.  
Register at [www.columbus.gov/employee5K](http://www.columbus.gov/employee5K)

**Questions:** Contact [btkimbro@columbus.gov](mailto:btkimbro@columbus.gov)

- Health and Wellness Expo to follow - plan to purchase a healthy meal after you finish!
- Music, snacks, a fitness expo, and chair massages